



July Mentor/Youth Group

The 4-H Youth Mentor Program will be going bowling at Kingswood Lanes in Clinton Township. The bowling alley is located on the South West corner of Groesbeck and Hall Road. We are planning on Thursday, July 26th around 6:30 p.m. Final info on date and time will come out in a flyer and be sent to you. Shoe rental will not be covered, and the rental fee is \$2.50. We will have 3 free games of bowling.



Hope to see you there!

Go to the zoo!

Just a quick reminder, the 4-H Youth Program has a zoo pass that will admit 4 adults and unlimited children into the Detroit Zoo. Parking is also free. Call Rachel to reserve the pass.



Attention Mentors...

It is very important that you send in your mileage forms and activity journals by the first week of each month. The County will no longer reimburse mileage that is from previous months.

Although the time that you spend with your youth is the most important aspect of the program, without the proper documentation and paperwork we cannot report all of the hours and activities which could cause the program to lose funding. Please take the time to fill out the mileage reports and activity journals to ensure that the youth in our community can continue to benefit from the program. If you have any questions about these forms, please feel free to call Rachel for assistance.

Forms are also available online at:
http://www.macombcountymi.gov/msuextension/Youth_Mentor.htm

Independence Day, commonly known as the 4th of July, is right around the corner and soon we will be surrounded by family, friends, and fireworks. So what exactly are we celebrating??? Independence Day celebrates the birthday of the United States of America. Founded July 4th 1776, with the signing of the Declaration of Independence, America is celebrating it's 231st birthday this year (2007).

There will be several local activities for people of all ages to enjoy. One of the largest firework displays in Macomb County is held in downtown Mt. Clemens along the riverfront. Have a safe and happy Independence Day!



Mentor Program Staff

Marilyn Rudzinski	Director (586) 469-6088
Kathy Jamieson	Agent (586) 469-6093
Jan Gwozdz	Coordinator (586) 469-7619
Rachel Calcaterra	Program Educator (586) 783-8163
Kevin Lewandowski	AmeriCorps Member (586) 469-7616
Bee Brown	AmeriCorps Member (586) 469-7432
Marcia Bloomfield	Program Secretary (586) 469-5979

August LST-Potluck Picnic Things to do...

On Wednesday, August 29th, from 6:30-8:30 p.m., the 4-H Youth Mentor Program is having an LST on health and nutrition at



Dodge Park. We ask that every match bring a dish to pass and the Mentor Program will provide the hot dogs/hamburgers. MSUE

staff from the Food and Nutrition Department will be there to teach us about the importance of food safety and nutrition.

Afterward, feel free to go walk on the beautiful nature trails or play a game of volleyball or catch. Please RSVP to Rachel by Tuesday, August 27 and let me know what you plan to bring. We hope to see you there! And remember to do some sort of rain dance, we need sunshine!!!

Proud Equestrian Program

Macomb County's 4-H Proud Equestrian Program (PEP) is looking for volunteers for the fall session beginning on August 29. The program runs every Wednesday from August 29– October 3. The facility, Black Tie Ranch, is located at 6376 Marsh Rd., in Marine City. Volunteers are needed to be sidewalkers, people who walk alongside the horse and make sure the rider is secure. If interested, call Rachel to sign up.



Have a



great summer!

Welcome to the Mentor Program

Thank You For Joining Us!!!

Jeff M.

*Carnival, petting farms, tractor pulls, horse shows, watermelon eating contests, demolition derby, fun, fun, and more fun can be found at the **Armada Fair**. Tuesday, August 14 through Sunday, August 19. Cost is \$6/adults, \$4/seniors, free/ages 12 and under. Parking extra. (586) 784-5488. The Armada Fair is a great chance for the mentors and youth to see what the rest of the 4-H clubs and programs are all about.

***VOLUNTEERS NEEDED** (adults and youth) at Armada fair to work the petting farm. Call Rachel to get more info.

*Every weekend in Mt. Clemens is a classic car show. Main Street is filled with cars, food, and people. It's a cheap and fun activity.

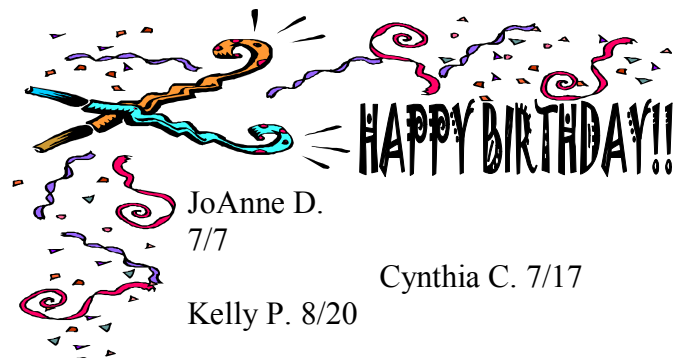
*Check out local newspapers to find out when firework displays will be in your area.

MSUE- EFNEP

MSUE's EFNEP Program, Expanded Food and Nutrition Education Program, is a free program that is open to all Macomb County residents. By participating in the program you will learn your daily nutrient needs, shopping basics, menu planning, label reading, and how to stretch your food dollars. Lessons are available on a one-to-one basis or by group presentations. Also, you will learn the importance and value of planning your meals ahead to make sure that you get the nutrients needed each day, add variety and new tastes to meals, and save



money by taking advantage of specials at the supermarket. EFNEP is your stepping stone to total health. Call (586) 469-6432 to make an appointment within business hours, M-F, 8:30-5.



JoAnne D.
7/7

Kelly P. 8/20

Cynthia C. 7/17